



1143 Eifel AM

Wednesday at 9 a.m.

Topic: Adoption
Experts discuss adopting children overseas

News Briefs

No Eifel Times

There will be no Eifel Times April 18, Easter holiday week. Submission deadline for the April 25 edition is April 16. Deadline to submit "News Briefs," "Community Mailbox," "DerMarkt" and "Sports Shorts" information is 10 days before the desired publication date. Please send the basic information, including who, what, when, where and how (if it applies) to publicity@spangdahlem.af.mil. Call the Eifel Times office at 452-5244 for more information.

Protest

A demonstration takes place Saturday 3-6 p.m. at Spangdahlem AB's main gate. The group is protesting military operations in Iraq. Base officials ask all Team Eifel members to use the contractor gate instead of the main gate during the protest.

Wing down days

Col. Stephen Mueller, 52nd Fighter Wing commander, declared April 18 a down day. The commander has also declared April 21 a training day. Wing agencies will close this day to conduct readiness training.

Hometown recognition

Members who have recently been promoted, reenlisted, received an award, retired or arrived at Spangdahlem Air Base can share their news with friends and family in the U.S. by completing a Hometown News Release (DD Form 2266). The forms are available at <http://intranet-/Bulletin/> or <http://web1.whs.osd.mil/icdhome/DD2000-.htm>.

Members can fax completed forms to the 52nd Fighter Wing Public Affairs Office at 452-5254 or e-mail them to Staff Sgt. Brigita Lords for processing. For submissions via e-mail, only the last four digits of the Social Security number is needed. Hometown News also accepts digital or hardcopy photographs along with the form. For more information, visit <http://hn.af-news.af.mil/> or call the public affairs office at 452-6833.

MPF hours

Due to recent deployments, the 52nd Mission Support Group Military Personnel Flight has revised its hours. Beginning Tuesday, customer service is open for walk-in service each Monday-Friday from 7:30 a.m. to 3 p.m., and each Thursday from 9:30 a.m. to 3 p.m. and 5-7 p.m. Other MPF elements are open for walk-in service each Monday-Friday from 9-11:30 a.m. and by appointment only from 1-3 p.m. Call the flight at 452-6553 for details.

See Briefs, Page 2

Adrenaline rush

Spangdahlem AB's fighter pilots tell what it takes to fly in the face of danger.

Read "Big Guns: Fem Fighter Pilots Break Barriers, Take on Challenges Full Throttle," on Page 4



Eifel Times

Vol. 37, Issue 14

Spangdahlem Air Base, Germany

April 11, 2003



Master Sgt. Malik Sultan, 52nd Civil Engineer Squadron electrical power production NCOIC, tutors Spangdahlem Middle School seventh-grader Kyle Dumas during a mentoring session. Master Sgt. Sultan said he enjoys interacting with Kyle's teachers and he's seen marked improvement in Kyle's grades since the two began working on assignments together.

'Someone to watch over me ...'

Mentoring program gives volunteers chance to be role models

Story and photos by Airman 1st Class Amaani Lyle
52nd Fighter Wing Public Affairs Office

Of the many opportunities to volunteer on base, mentoring a child is perhaps the position with the longest-lasting impact. Helping to sculpt a child's perspective early on and instill a positive attitude can influence tomorrow's leaders, said Ms. L. Kelly Childs, Spangdahlem Air Base Family Support Center Volunteer Resource Program manager.

She added deployments have made fewer mentors available over recent months, leaving some students without the guidance they need.

"Some children are experiencing stress from the deployments, so this extra support they get is wonderful," said Ms. Childs.

This year President George W. Bush issued a proclamation establishing January as National Mentoring Month. In his message, he referred to mentors as "everyday heroes" who "provide friendship and support to young people" and help them "develop the character necessary to make the right choices and achieve their dreams."

Base mentoring can be done throughout the academic year and entails making a one-hour per week commitment at one of several Department of Defense Dependent Schools.

"Since we don't live in a community where 'Aunt Betty' or 'Uncle Bob' live around the corner to provide the extended family, the Air Force community supports itself and the children by offering service and taking the time to help," said



Capt. John Hatfield, 52nd Medical Group public health deputy, assists Spangdahlem Middle School fifth-grader Connor Britton with Internet research.

Ms. Elke Zschaebitz, Bitburg High School mentor coordinator.

Whether an elementary, middle school or high school student, it seems mentoring has a mutually beneficial effect on students and those offering guidance.

"I used to have so much trouble before I got a mentor," said Spangdahlem Middle School 5th-grader Connor Britton of his mentor, Capt. John Hatfield, 52nd Medical Group. "I rely on him and I'm getting better grades.

He's like a big brother to me."

"I look forward to getting away from the office once a week to get involved in something bigger than I am," Capt. Hatfield said. "Mentoring really helps you put things in perspective."

A common misconception about mentoring is that the need for guidance wanes after a certain age.

"Teenagers are focused on their peers at this age, but it's important to remember that they, too, need caring adults in their lives to provide direction," Ms. Zschaebitz said. "We have a character series in the high school in which we invite members of the community to talk about relevant teen subjects such as depression, binge drinking, auto care basics, self defense, test anxiety and other topics," she said.

Mr. Ray Church, a Spangdahlem Middle School mentor coordinator since 1997, has noted a significant shortage of female mentors. This shortage leaves girls at the difficult ages 11 to 14 without role models, since mentors must be of the same sex.

"The middle school years can be a hard time of year for anybody, but it would really be nice for these girls to have someone to identify with during the pre-teen and teen years," he said.

Mentors can also interact with teachers to help build self-esteem, which can improve students' grades during the school year. During the summer months, mentors can offer leadership to the youth.

See Mentors, Page 2

STEP'ped up

Newly promoted Tech. Sgt. Kristy Irwin, 52nd Fighter Wing Command Chief Master Sergeant assistant, gets her stripes tacked on by her spouse, Staff Sgt. James Irwin, Detachment 9, Armed Forces Network, Information Management NCOIC, and Col. Stephen Mueller, 52nd FW commander. Tech. Sgt. Irwin received the promotion through the Stripes for Exceptional Performers program.

Staff Sgt. Tim Cook



Accidents

By Iain H. Lotan

52nd Security Forces Squadron Reports and Analysis

Eighteen Team Eifel members experienced vehicle accidents in the past week, one of which was classified as major.

The major accident happened on B-257 while traveling in the direction of Spangdahlem. An airman reported that while he was turning a tractor-trailer carrying timber swerved into the airman's traffic lane, forcing the airman off the road and into a field. There were no injuries. The airman's vehicle sustained disabling damage.

The 17 minor accidents include:

- 10 from inattentive driving.
- Two from backing.
- One failure to yield.
- Four were the fault of the other driver.

In addition, nine citations were issued.

Base airmen receive Articles 15 under UCMJ

(Editor's note: Article 15 of the Uniform Code of Military Justice does not specify particular punishments for any offense. Commanders considering nonjudicial punishment consider the nature of the offense; the record of the service member; the need for good order and discipline; the effect of nonjudicial punishment on the service member and the service member's record.)

During February and March, 15 members of the 52nd Fighter Wing received nonjudicial punishment under Article 15 of the Uniform Code of Military Justice.

■ An airman basic violated Article 112 by reporting to duty drunk and Article 86 by failing to attend a briefing and reporting to duty late. The commander imposed forfeiture of \$200 pay, suspended forfeiture of \$200, 30 days restriction and seven days extra duty.

■ An airman violated Article 86 by reporting to duty late. The commander imposed a suspended reduction to airman basic, forfeiture of \$100 pay for two months and a reprimand.

■ An airman violated Article 86 by not returning to duty and Article 107 by making a false statement. The commander imposed a reduction to airman basic, 30 days restriction and a reprimand.

■ An airman violated Article 92 by failing to wear the uniform properly. The commander imposed a reduction to airman, 30 days extra duty and a reprimand.

■ An airman first class violated Article 111 by driving drunk. The commander imposed a reduction to airman and 45 days extra duty.

■ An airman first class violated Article 86 by reporting to duty late. The commander imposed a suspended reduction to airman, forfeiture of \$100 pay and 30 days extra duty.



Rather than drinking and driving, call a taxi or Ride for Life at 06575-1010. Also, Airman Against Drunk Driving seeks volunteers for weekend dispatch and drivers shifts. Call 452-2233 or send an e-mail to aadd@spangdahlem.af.mil for details.

■ An airman first class violated Article 134 by reporting to work while under the influence of alcohol. The commander imposed a reduction to airman.

■ An airman first class violated Article 111 by driving drunk. The commander imposed a reduction to airman, 10 days restriction, 10 days extra duty and a reprimand.

■ An airman first class violated Article 86 by reporting to duty late and Article 92 by negligently performing assigned duties. The commander imposed a suspended reduction to air-

man, forfeiture of \$100 pay for two months, 30 days extra duty and a reprimand.

■ An airman first class violated Article 86 by reporting to duty late and Article 107 by making a false statement. The commander imposed a suspended reduction to airman and 30 days extra duty. At a later date, the airman first class violated Article 86 by reporting to his extra duty assignment late. The commander enforced the reduction to airman for this offense.

■ A senior airman violated Article 111 by driving drunk. The commander imposed a reduction to airman first class and 45 days extra duty.

■ A senior airman violated Article 111 by driving drunk. The commander imposed a reduction to airman first class and 45 days extra duty.

■ A senior airman violated Article 111 by driving drunk. The commander imposed a reduction to airman first class, 30 days extra duty and a reprimand.

■ A senior airman violated Article 111 by driving drunk. The commander imposed a suspended reduction to airman first class.

■ A senior airman violated Article 111 by driving while under the influence of alcohol and Article 134 by fleeing the scene of an accident. The commander imposed a reduction to airman first class and a reprimand.

■ A staff sergeant violated Article 92 by having an unprofessional relationship. The commander imposed a suspended reduction to senior airman, forfeiture of \$100 for two months and a reprimand.

■ A master sergeant violated Article 111 for driving drunk. The commander imposed a reduction to technical sergeant and a reprimand.

Briefs

Continued from Page 1

Blood drive

A blood drive takes place Tuesday from 9 a.m. to 4 p.m. in the Saber Club ballroom. To register to donate or to volunteer, visit the base bulletin on the Intranet. Call Tech. Sgt. Margaret Santamaria at 452-7032 for details.

Top 3 meeting

Col. Stephen Mueller, 52nd Fighter Wing commander, is the guest speaker at the Top 3 meeting, taking place Wednesday at 3 p.m. in the Saber Club.

AFSA meeting

An Air Force Sergeant's Association meeting takes place Tuesday at 11:30 a.m. in the Spang Club. A lunch buffet is

available at 11 a.m. The association meets the third Tuesday of each month. Call Staff Sgt. Nancy Barron-Palumbo at 452-6390 for details.

SSEMC meeting

The Spangdahlem Spouses and Enlisted Members club meets Wednesday at 6 p.m. in the Saber Club. Reserve seats by calling 06565-933347 by April 14.

Auto shipping

The military customs Web site at www.hqusaer.army.mil/opm/cars.htm offers tips on shipping personal vehicles to the United States. Information includes emissions and safety standards, washing requirements, automotive import facts and more.

Deployment discussions

The Sits and Bits discussion group offers Team Eifel members a place to air deployment concerns. For more information about this 52nd Fighter Wing Family Support Center and Chapel Services sponsored activity, call Mr. Ed Gavagan at 452-9491 or Chaplain (Col.) Carl Andrews at 452-6711.

Military operations Web site

A new Web site identifying the U.S. Air Forces in Europe contribution to Operation Iraqi Freedom is now online and available for public use. Visit www.usafe.af.mil/iraqifree/-home.htm (no hyphen) for the latest OIF news releases and images, operation facts, and weapons and aircraft details.

Mentors

Continued from Page 1

"A mentor can help with school work, but is mostly an adult friend, someone other than a parent or a teacher that a child can depend on," Ms. Childs said. "Knowing that someone cared even if the child is unable to remember their mentor's name in the future is significant."

Volunteers are always needed at base schools and the child development centers. For more information, call Ms. Childs at 452-9491. Base school officials seek mentors, coaches and guest speakers. For details, call:

- Spangdahlem Elementary - 452-6881
- Spangdahlem Middle School - 452-7205
- Bitburg Elementary School - 452-9215
- Bitburg Middle School - 452-9310
- Bitburg High School - 452-9337



Staff Sgt. Karen Z. Silcott

Staff Sgt. Nader Chebaro, 52nd Dental Squadron dental assistant journeyman, is this week's Top Saber Performer.

Top Saber Performer

Name: Staff Sgt. Nader Chebaro
Unit: 52nd Dental Squadron
Duty Title: Dental assistant journeyman
Hometown: Beirut, Lebanon
Years in Service: Four

Nominee's contributions to 52nd Fighter Wing mission success: Staff Sgt. Chebaro is one of the squadron's primary dental technicians for the dental bus. As such, he drives the bus, performs minor dental equipment repairs and assists dentists treating geographically-separated unit patients. GSUs typically visited include Volkel Air Base, Netherlands; Klein Brogel AB, Belgium; Kalkar AB, Germany, and Karup AB, Denmark. This service eliminates the need for GSU members to travel to Spangdahlem AB for routine dental care. He also provided a top-notch briefing for the 2002 Commander-In-Chief Installation Excellence Award inspection, said his supervisor, Staff Sgt. Amelia Newton-Ingram.

Off-duty volunteerism and professional development pursuits: I volunteer as a driver for Airman Against Drunk Driving, said Staff Sgt. Chebaro.

What do you do for fun? Bowling and travel. So far, I've gone sightseeing in Luxemburg, Belgium and the Netherlands.

What do you like most about being stationed here? I love the centralized location of Spangdahlem AB and the travel opportunities it provides us.

What's one thing you'd like to see improved at Spangdahlem AB? I would like to see reduced DUI rates.

'Links of love' helps community with meet and greet for spouses

By Mr. Frank X. O'Gara
 Office of the Director Department of Defense Dependent Schools-Europe Public Affairs Officer

Bitburg Elementary School sponsors "Links of Love," a bi-weekly support group activity for spouses of deployed members.

One hour before school lets out family members take part in Links of Love, sharing refreshments and conversation with one another.

The school counselor and principal prepare food and greet everyone. Representatives from base service agencies are invited to come out and offer help to family members and tell them about activities happening on base.

Invitations are sent by the school to the family members and followed-up with a

personal telephone call inviting them to attend. The school offers movies and art activities for the little ones as well.

The activity seems to be a success and helps to get family members out and meet one another.

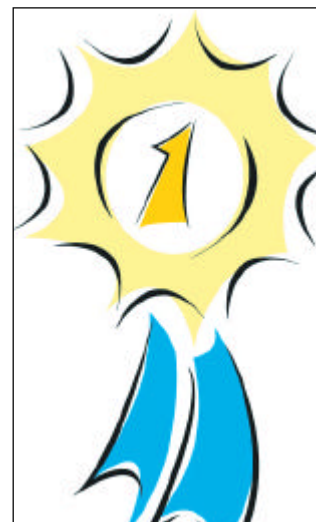
DoDDS-Europe is committed to being an integral part of the total plan to care for families during times of crisis and conflict. Its most important contribution comes when it remains focused on the educational mission and provides a stable environment for the children in our schools. Links of Love is one of many system-wide initiatives underway to support communities during this difficult time.

For more information, call Ms. Susan K. Ussery, BES principal at 452-9215.

Eifel Salutes

52nd Maintenance Group

The deal is sealed ... **Senior Airman Rachel Santana's** attention to detail and initiative while on duty is superb and ensures airtight security and custody of protection level "1" assets. **Staff Sgt. John J. Cunningham** is quite a leader when it comes to covering his assets — the flight chief responsible for custody of \$500 million in protection level "1" assets has ensured mission readiness. All eyes are on **Senior Airman Adam Brown**, a certified monitoring facility operator with professionalism and drive. Viva **Senior Airman William H. Andrews, Jr.**, who provided outstanding briefings and training to his peers involving the weapons survivability and security systems. These fine airmen all contributed to the 852nd Munitions Support Squadron security forces unit being named U.S. Air Forces in Europe's best geographically-separated unit for 2002.



52nd Operations Group

The following individuals were truly ahead of the pack for their support during a recent pack-up of equipment and personnel for deployment: **Airman 1st Class Randy Gill, Staff Sgt. Ryan Alton, Airman 1st Class Erica Johnson, Master Sgt. Steven Gastelum, Master Sgt. Sheldon Sukut, Senior Master Sgt. Randy Weiss, and Staff Sgt. Regan Ross.** **1st Lt. Aaron Hatch** did an egg-traordinary

job preparing for deployment.

52nd Medical Group

Taking care of business were **Maj. Elaine Washington** and **Senior Master Sgt.**

Jacqueline McLear for their great effort on the "Medics Taking Care of Medics" initiative. **2nd Lt. MarieLouise Assing, Capt. Julie Ostrand, Capt. Carolyn Becker and Capt. Krista Grey** were nurses that saved the day — Doctor's Day, that is ... by organizing a super luncheon to celebrate. **Senior Master Sgt. Jacqueline McLear** shines by polishing performance reports, decorations and written correspondence. **Tech. Sgt. Donna Walle** wrote eye-opening guidance on spectacle frame adjustment and now has major command pupils. Fare thee well

Ms. Pamela Newhart for keeping the Aerospace Medicine Squadron on time, in line, and bringing out the best in everyone!

School Salute

Big cheers for **Bitburg Elementary School students** who surpassed the one million minute mark in reading. Because they've achieved their goal, the principal, Ms. Susan K. Ussery, will sport blue hair and the students get popples as they point and giggle at such a sight.

Kudos to all, Team Eifel salutes you!

(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Staff Sgt. Karen Z. Silcott

Members of the 52nd Medical Group Immunization Clinic make up this week's Top Saber Team.

Top Saber Team

Unit name: 52nd Medical Group Immunization Clinic

Unit responsibilities: Clinic members keep the Eifel community protected against vaccine preventable diseases. They brief commanders and executive staff members on the 52nd Fighter Wing immunization status of active-duty personnel. Members also oversee special immunization programs, including the annual influenza, anthrax, and smallpox programs, and issues necessary immunizations on deployment processing lines.

Number of members: Three, augmented by 48 immunizations backup technicians.

Team's latest contributions to 52nd Fighter Wing mission success: The immunization clinic implemented the Air Force anthrax vaccination program and instituted a smallpox vaccination clinic. Clinic members also administered 97 percent of the wing's annual influenza vaccinations.

Team's other contributions throughout the year: The clinic increased its hours for the operational readiness inspection and provided out-of-clinic services to squadrons to insure personnel are mobility ready. Its members trained more than 27 immunization backup technicians to keep immunization services uninterrupted, regardless of the operations tempo. They also coordinated more than \$20,000 of geographically-separated unit vaccination supplies. Additionally, they played a major role in the preventive health assessment and individual medical readiness completion with statistics placing the 52nd Fighter Wing No. 1 in major command and No. 4 in the Air Force for a Phase I ORI.



Volunteer Appreciation Luncheon

April 24 at 11 a.m. at the Saber Club

All registered volunteers are invited.

Call 452-9491 by Thursday for reservations.



Photos by Staff Sgt. Karen Z. Silcott

Capt. Jessica Rhyne, 23rd Fighter Squadron pilot, makes the "big guns" gesture as she and 1st Lt. Corinne Gilliam, 23rd FS Intelligence Flight officer, prepare for flight April 1. The captain and 1st Lt. Gilliam were part of a three-"man" flying training mission, which included Spangdahlem Air Base's only other female F-16 pilot, 1st Lt. Leigh Noel, 22nd Fighter Squadron.

Big Guns: Fem fighter pilots break barriers, take on challenges full throttle

By Staff Sgt. Elaine Aviles
39th Wing Public Affairs Office

Female fighter pilots are a special breed. They're willing to crack into a male-dominated field, take a \$30 million aircraft, fly at mind-numbing speeds and head straight into the face of danger. All the while knowing they may not be coming back.

But most will say they are more than happy to do just that, because they get to fly.

"And we get paid for it," said Capt. Jessica Rhyne, 23rd Fighter Squadron. "I feel incredibly lucky."

Capt. Rhyne is an F-16CJ pilot. Her job is suppression of enemy air defenses, putting her life and her aircraft on the line to launch high-speed anti-radiation missiles on target. She travels to the hot spots of the world, where she relies partly on her state-of-the-art equipment and partly on her wits to survive.

Just 10 years ago, her job didn't exist. Although women have been entering pilot training since 1976, before 1993, government officials didn't believe women had the "right stuff" for combat.

Capt. Rhyne always believed she did. Her dream to become a fighter pilot, then an astronaut, crystallized after a trip to the Kennedy Space Center when she was 12. However, because of the "no women in combat" law her dream seemed destined for failure, but she remained determined.

"I entered the Air Force Academy and tried to convince my Congressman to give women a chance," she said. "He told me that families weren't ready to see their sisters and wives coming home in body bags."

"I entered the Air Force Academy and tried to convince my Congressman to give women a chance ... He told me that families weren't ready to see their sisters and wives coming home in body bags." Cadet Rhyne wasn't buying it.

Cadet Rhyne wasn't buying it. Fortunately, the Congressman's opinion was only his own. In 1993, the secretary of defense permitted women to enter fighter pilot training.

The captain never looked back. She now has nine years, more than 800 hours of flight time and two Operation Northern Watch combat missions under her belt.

But she is the exception rather than the rule. Out of more than 12,000 Air Force pilots, only about

460 are women. Female fighter pilots are even rarer, with 46 Air Force-wide, according to the Air Force Personnel Center. At Spangdahlem Air Base, there are only three -- Capt. Rhyne, 1st Lt.



Left to right, Capt. Jessica Rhyne, 23rd FS, 1st Lt. Leigh Noel, 22nd FS, and 1st Lt. Corinne Gilliam, 23rd FS Intelligence Flight officer, discuss flight operations. Capt. Rhyne and 1st Lt. Noel are amongst 46 female fighter pilots Air Force-wide.

Leigh Noel, 22nd Fighter Squadron, and Capt. Michelle Vestal, an A-10 pilot from the 81st Fighter Squadron.

"Thanks to women like Capt. Rhyne, I was able to become a fighter pilot without a second thought," said 1st Lt. Noel.

1st Lt. Noel is a brand-new pilot. A former "sorority girl," she joined the Air Force as an acquisition officer. Bored and looking for a challenge, the lieutenant found what she was looking for in pilot training.

She's been combat mission ready for two weeks, having just wrapped up more than two years of training, which starts with a year of generalized pilot training, and culminates with training in an aircraft "specialty." Other classes run the gamut from water survival to posing as a prisoner in a POW camp.

Male or female, fighter pilot training isn't for the faint of heart.

"The training is tough," 1st Lt. Noel said. "If you're ultra-sensitive, you're in the wrong profession."

"Women fighter pilots are tough," she added. "You have to be. You have to be willing to kill people and be ready to die."

With initial training complete, 1st Lt. Noel gets as many flight hours as she can. She also spends a lot of time studying. Fighter pilots have to know about every piece of equipment on their aircraft, plus understand the nature of intelligence threats and study mission plans.

Eventually, pilots work their way up the ranks, progressing from flight lead to instructor-pilot, and then, for some, evaluator.

Right now, however, fighter pilots are focusing on current military operations. Many pilots from the 22nd and 23rd FS are already deployed in support of Operation Iraqi Freedom.

Aware they may be next, Capt. Rhyne and 1st Lt. Noel train constantly. They recently flew a training mission together, along with 1st Lt. Corinne Gilliam, a 23rd FS female intelligence officer.

The officers were playing out an Operation Iraqi Freedom scenario. 1st Lt. Gilliam rode along in the two-seater trainer to get a first-hand look at the threats she briefs pilots about.

"I never flew with other women before," Capt. Rhyne said. "It's definitely an indicator of the changing face of the Air Force."

The captain said she hopes the trend continues.

"I think women should go for it," she said. "Being a fighter pilot is a fantastic opportunity to make a difference."

Although her girlhood dream of becoming an astronaut is limited by her eyesight, Capt. Rhyne appears satisfied with her life's path.

"Don't give up on your dreams or let others tell you what you can or can't do," she said. "The only limits you have are the ones you impose."

Class puts German bills in layman's terms

Wing members stay fiscally fit on local economy with family support center and Credit Union help

Story and photo by Airman 1st Class
Amaani Lyle
52nd Fighter Wing Public Affairs Office

Bills can be difficult enough to keep track of in English. Put the payer in a foreign country and the statement in another language, and without the right help, might come the recipe for confusion, overpayments or missed payments, said Mr. Bill Triplett, family support center personal finance manager.

The "German Bills Made Easy" seminar was originally the brainchild of the Service Credit Union, and began in response to base first sergeants who saw a need to better equip on- and off-base airmen to live independently on the German economy.

Mr. Triplett worked with the SCU to fine-tune the program, and even arranged the facility and publicity and offered to act as a proxy advisor to ensure the seminar is held twice monthly.

The SCU classifies types of bills into either recurring payments or one-time payments and offers customized options through its institution as to how, when and what to pay.

Mr. Triplett and a team of two administrative representatives provide each participant with an information packet complete with actual examples of common bills such as telephone, electric and cable. A glossary of German bill terms is included and red flag phrases such as "Mahnung" and "noch zu zahlen" ("late notice" and "still to pay") are highlighted or circled to let people know

what's urgently past due.

Ms. Mia Enderleine, SCU member supervisor, led a recent seminar in which she mentioned examples of significant company-favored errors on certain bills.

"With increasing deployments and the transience of base people, mistakes are going to be made," said Ms. Enderleine. "You may end up paying for things or services you didn't order, or losing service altogether for unpaid bills."

Program attendance is a requirement for airmen to move off-base from dormitory housing. Curious accounts of ignorance and misunderstanding prior to its inception seem to attest to the seminar's value.

"We actually had airmen taking their trash from their off-base housing, and driving it back on base to toss it into the Popeye's dumpster," said Ms. Amy Rodriguez, SCU administration representative. "They didn't even know where to download a schedule or how to arrange trash pick-up if it wasn't included in the lease."

Though Web sites, statement analyses and glossaries are one aspect of the seminar, Mr. Triplett and the SCU promote a double-prong approach to German economy survival tactics. In conjunction with bill comprehension, they encourage participation in optional long-term services such as the UTAP (Utility Tax Avoidance Program), which, for a nominal fee upon enrollment, offers a yearly 16% tax savings and in some cases, a deposit waiver, on gas and electricity.



Mr. Bill Triplett studies a bill with Airman 1st Class Lisa S. Silva, 52nd Operations Group data maintenance technician. Mr. Triplett said some people have been living in Germany for years before they fully understand what their bills state and what services they've paid for. The class takes place in the morning and afternoon each month.

Mr. Triplett and the team also imparted a message of particular import to those in line for short-notice deployment or temporary duty. They outlined methods in which the family support center and financial institutions can help wing members be proactive with bills, specifically through power-of-attorney documentation and allotments, which automatically make payments with bank routing numbers.

Mr. Triplett explained that more in-depth legal and financial assistance can be obtained through the base legal office. For routine,

monthly bill paying, however, he cautioned against falling into a pattern that many newcomers to Germany have.

"People get here and think, 'If they want me to know something about this bill, then they'll put it in English,'" said Mr. Triplett. "We need to remember that we receive services for what that bill says and we're obligated to pay just as if we were back at home."

For more information, call the SCU at 452-6674 or the FSC at 452-6422.

Get to sleep! Fighting fatigue can be a 'snoozing' battle for wing members challenged by ops tempo

By Airman 1st Class Amaani Lyle
52nd Fighter Wing Public Affairs Office

It's 2:38 a.m. The ceiling has exactly 76 tiles in it, the miscounted sheep have grown tired of jumping the fence, and it's time to get back to sleep. Ah, that's better. BUZZ! It's time to wake up!

Sound familiar?

Whether a newcomer to the time zone, preparing for deployment, shift worker or simply a denizen of the night, getting quality sleep at the right time can be elusive for anyone, particularly those meeting the challenge of increased operations tempo at Spangdahlem Air Base.

"For us to actually diagnose someone with insomnia we notice, over a period of a month or more, that they have difficulty being able to either start or maintain sleep," said Capt. Larry Kroll, 52nd Medical Group. The life skills support center element leader added behavioral patterns coupled with stress are usually what maintain sleep problems.

Recognizing these patterns and symptoms early on through fatigue management can combat sleep problems before they reach the clinical stage, according to Maj. James Lasswell, 52nd Aerospace Medicine Squadron, Aerospace Physiology and Human Factors flight commander, and Master Sgt. Darryl Swartz, 52nd AMDS, aerospace physiology and human factors flight NCOIC. These professionals provided some practical steps to improve sleep at home and alertness on duty.

Listen to your body clock

Just as there are minutes, hours and days, the human body functions on an internal 24-hour cycle "clock" called circadian rhythms. This natural alertness level is influenced by sunlight, body temperature and physiology and signals optimal times for eating, sleeping, exercise and intimacy. Most people are at their lowest performance level from 3-5 a.m. and reach their maximum level at about 6 p.m.

When crossing multiple time zones, (such as Europe to the Far East, or Europe to the United States) Maj. Lasswell sug-



gests synching up to the local time by resisting the urge to sleep during daylight so the body can respond to normal sleep cues. Shift workers; however, face different challenges since their schedule must be inverted.

Exercise

One sleep research study showed shift workers are two to five times more likely to fall asleep on the job than regular daytime employees. Master Sgt. Swartz said even shift workers can significantly increase alertness on duty with isometric exercises that can be done anywhere from the desk to the cockpit. "You can tense and relax the muscles in your feet, calves and buttocks to get blood flowing through the body," he said. Holding in the tense position for six to eight seconds at a time is a quick way to get alert.

Given the relatively small size of the base and the limited parking space, Master Sgt. Swartz suggested walking to errands in close proximity such as the base exchange and the post office.

Don't rely on stimulants or downers

Capt. Kroll said he doesn't recommend sleeping pills, especially for long-term use. He explained that pills are usually not very healthy, can lose their efficacy and can even become addictive over time. As for caffeine, Maj. Lasswell and Master Sgt. Swartz suggested "strategic" consumption to increase alertness and stressed that caffeine, while not a substitute for sleep, could provide a three to four-hour "pick-me-up" during a duty shift. But when it's finally time for bed, Capt. Kroll says one important rule should be remembered:

The bed is for two things...

"You get into the vicious cycle of bargaining and clock-watching, saying, 'I can go with just seven hours of sleep, okay, I can go with five hours of sleep,' until it's time for the alarm to go off," he said. "In a sense, the bed becomes a cue for frustration. It almost becomes a form of performance anxiety when you realize you might fail at sleeping. Part of the treatment is in using the bed for two things, and two things only," said the captain. "Sleep and sex."

Rather than being a clock-watcher during slumber time, Capt. Kroll suggested getting out of bed if sleep doesn't occur fairly soon. He added that though living in dormitories means having to use one room for multiple purposes, activities in bed can be limited by instead using a chair or couch for reading, balancing the checkbook or watching television.

Getting the proper amount of sleep is an important life skill to maintain sleep, experts said.

"Your decision-making skills can really start to deteriorate without sleep and if you keep going past there, your decisions are not just questionable, they're really not safe," said Capt. Kroll.

The Aerospace Physiology and Human Factors flight offers customized endurance management strategies and can be reached at 452-6823. Should sleep problems persist and treatment becomes necessary, the life skills support center can perform an assessment. Call 452-8285 for more information.

Community Mailbox



Holiday hours

The following facilities operate on special hours during the Easter holidays.

Spangdahlem AB

Car Care Center -- Open April 18 and 21 from 8 a.m. to 5 p.m.

Commissary -- Closed April 20. Open April 21 from 10 a.m. to 7 p.m.

Community Bank -- Closed April 18-21

Bitburg Annex

Commissary -- Open April 20 from 10 a.m. to 7 p.m. Closed April 21

Community Bank -- Closed April 18-21

Le Leche

A meeting for mothers who breastfeed takes place Wednesday at 6:30 p.m. in the Bitburg Annex hospital conference room. Children and nurslings are welcome to attend. Call Ms. Margaret Loffelman at 06565-7555 for more information.

First aid course

The American Red Cross offers a class in community first aid and safety, which includes infant, child and adult CPR, April 19 from 9 a.m. to 6 p.m. in Bitburg Annex building 2001. Registration deadline is Wednesday. Cost is \$40. Call the office at 452-9440 for details or to register.

Ribbon campaigns

Various base agencies sponsor the following troop support programs.

■The Bitburg Annex commissary Operation Yellow Ribbon ceremony takes place Tuesday at 5 p.m. The Spangdahlem AB commissary ceremony takes place Wednesday at 5 p.m. Military community members are encouraged to tie a yellow ribbon at the store to show their support for deployed wing members. The event features snacks, raffles, demonstrations and giveaways.

■People can show their support for deployed troops by displaying a yellow ribbon in the Spangdahlem AB Community Activity Center. The ribbons will remain up for display until the troops return. Visit the CAC front desk for a ribbons.

■A local Girl Scout troop has placed a deployment tree in Spangdahlem Middle



Staff Sgt Karen Z. Silcott

The 'part-y' place

Mr. Conrad Townsend, Spangdahlem Air Base auto parts yard manager, removes a Volkswagen engine hose. The base's new parts yard is located in Spangdahlem Air Base building 199, behind the skills development center. It's open Tuesday-Saturday from 10 a.m. to 5 p.m. Call 452-5999 for more information.

School. Students have adorned the tree with hearts and flowers in support of deployed wing members.

Heartlink

The Heartlink spouse orientation takes place April 29 from 9 a.m. to 2 p.m. in Spangdahlem AB building 130. The orientation is designed for spouses with less than five years of Air Force experience. The goal is to increase awareness of the Air Force mission, its customs, protocols and available resources. Childcare is available and lunch is provided. Call 452-4292 for details or to register.

Community Bank hours

Both branches of Community Bank are open shortened hours April 29, due to an official function. The Bitburg Annex branch is open from 10 a.m. to noon. The Spangdahlem AB branch is open 9:30 a.m. to 12:30 p.m.

Volunteer news

Call Ms. Kelly Childs, Spangdahlem AB Volunteer Program manager, at 452-9491 to participate in the following volunteer opportunities.

■The 52nd Fighter Wing Volunteer Appreciation Luncheon and Award ceremony takes place on April 24 at 11 a.m. at the Saber Club. All registered volunteers are invited to attend and receive a complimentary meal. Call by Thursday to make reservations.

■Base agencies seek help in various capacities. Positions may include typing, filing or other duties. Daycare reimbursement assistance is available. Call for details.

Block party

The Spangdahlem Air Base Teen Fun Run, Walk and Roll block party takes place April 19 from 10 a.m. to 1 p.m. at Bitburg Middle School. The planning committee seeks individuals, clubs and organizations to perform and set up booths. Call Ms. Karen Bradley at 06565-616697. Volunteers are also needed. Call Ms. Kelly Childs, base volunteer program manager, at 452-9491 for more information.

CAC news

The following events take place in the base community activity center ballroom, unless noted otherwise. Call 452-7381 for details.

■Chess club, April 19 from noon to 3 p.m. Several boards, game pieces and clocks are available for sharing.

■The base acting troupe, ACT-Eifel, holds auditions for the June production, "Too Soon for Daisies," April 19 at 1 p.m. Roles are available for four men and four women.

Ropes course

The 52nd Services Squadron Outdoor Recreation ropes course is a series of obstacles designed to provide a physical workout,

sharpen problem-solving skills and challenge personal limits. Cost is \$20 per person. Call 452-7176 for more information.

School news

Bitburg elementary

■The BES Parent, Teacher Association seeks volunteers to help with a book fair taking place April 21-24. Sales take place April 21 from 3-6 p.m., April 22 and 24 from 9:30 a.m. to 3 p.m. and April 23 from 9:30 a.m. to 6 p.m. in the kindergarten building. Call Ms. Mary Marchland at 06561-946479 for details.

Bitburg high

■Student registration for school year 2003-2004 takes place April 14-18 from 8-11 a.m. and 1-3:30 p.m. Parents should receive registration packets by mail in April. Parents should return the completed packets to the student affairs office along with shot records to register students. For more information, call 452-9202 or 452-9337.

Spangdahlem elementary

■The SES Parent, Teacher and Student Association seeks nominations for next year's executive board. Positions include president, vice president and secretary. Nominees must be current PTSA members. Elections take place April 24 at the general membership meeting. Call 452-6881 for details.

■A book fair takes place April 22-25 from 8:30 a.m. to 2 p.m. daily. Two family nights take place April 22 and 24 from 5-7 p.m. Volunteers are needed. Call Ms. Belinda Jellison at 452-6881 to register.

Spangdahlem middle

■The school advisory committee meets April 22 at 4 p.m. in the media center.

■The school production of, "The Princess and the Pea," takes place April 22.

Family support news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 for details.

■NEO training, Thursday from noon to 1 p.m.

■German bills made easy, Thursday from 3-4 p.m.

■Interviewing skills, April 23 from 1:30-3 p.m.

■Key spouse orientation, April 23 from 10-11 a.m.

The following workshops take place in Bitburg Annex building 2001. Call 452-6422 for details.

■Cooking, Wednesday from 6-8 p.m.

■Creative critters preschool playtime, April 21 from 10-11 a.m.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

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Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Sortie
Scoreboard

Unit Goal Flown

22FS 62 107

23FS 72 78

81FS 80 101

Sorties flown

March 31-April 6

(Courtesy of the 52nd Maintenance
Squadron Plans and Scheduling Section)

Viewpoint

April 11, 2003

Page 7

Financial protection

Scams cost more than just a paycheck

By Tech. Sgt. Tracy Warga
By 52nd Fighter Wing Staff Judge Advocate Office

It's waiting for you in your e-mail inbox — an urgent request from the son of an assassinated Nigerian chief, a government official from Sierra Leone, or an auditor of a South African bank, pleading that you assist him in recovering millions of dollars that have been tied up by bureaucratic red tape in an African bank.

The e-mail is very polite and well-written, describing in detail the current sad state of affairs and how only you can help release these funds to their rightful owners. Furthermore, you will be rewarded a large percentage of the money, usually millions of dollars, just for helping out.

Unfortunately, many trusting Americans have lost millions of dollars to these Nigerian scams, also known as, "4-1-9" or advance fee fraud schemes. These scams have been around since the 1920s, but with new technology like fax machines and the Internet, they have become more wide-spread.

Scams in action

A victim receives a letter, fax, or most likely, an e-mail from an alleged "official" representing a royal family, government agency or bank. The letter states that your help is needed to transfer millions of dollars from an African bank to your personal bank account, thus "releasing" it from wrongdoers. These letters almost always have a

sense of urgency and stress that all transactions need to remain confidential.

Believing that he or she has been singled out to share in millions of dollars for doing next to nothing, the skeptical, yet hopeful victim is enticed to

"The U.S. Secret Service warns that if a victim is lured to Nigeria or a border country to complete the deal, he may be coerced or threatened with bodily harm into releasing even more funds. In June 1995, an American was killed in Lagos ..."

respond. Once the victim responds to the first letter, the ruse continues at a whirlwind pace. In many cases, the victim is encouraged to travel to Nigeria or a border country, provide the con artists with blank letterhead and bank account information, and pay a number of "transaction fees."

Unforeseen problems always arise. Invariably, an official will demand a bribe or extra taxes or fees will be needed to complete the transaction. These additional payments go on and on, costing the victim more money, getting him or her more

Self discovery

Effective leaders come in all ages, ranks

By Master Sgt. Erick Anderson
52nd Medical Support Squadron
superintendent

Are effective leaders born with leadership traits or are leadership traits acquired throughout the course of their lives? We may never know the answer to this widely debated question, but we do know that effective leadership is vital to successfully completing the mission.

Surely we have all heard the slogan, "Lead, follow or get out of the way!" For those who want to lead and are willing to lead, the question may still remain, how do I become an effective leader?

For the past thirty years or so, a considerable amount of research has been conducted in an attempt to identify the traits of a successful leader. Research findings indicate successful leaders demonstrate the following characteristics:

■Drive: Desire for achievement, ambition, high energy, tenacity and initiative.

■Integrity: Trustworthy and reliable.

■Motivational: Desire to influence others to reach shared goals.

Leadership characteristics

Successful leaders demonstrate the following traits.

Do you have what it takes to be out front?

■Drive ■Integrity ■Creativity ■Flexibility ■Cogitative
■Self-confidence ■Motivational ■Job knowledge

■Self-confident: Trusts in own abilities.

■Cogitative: Ability to integrate and interpret large amounts of information.

■Knowledge of the business: Understanding of relevant technical matters.

■Creativity: Originality.

■Flexibility: Ability to adapt to needs of followers and requirements of situation.

Do you have any of these characteristics? More importantly, if you possess these qualities, do you actively demonstrate them? For it's not merely good enough to possess leadership traits.

Once you have recognized you have all or some of the acknowledged leadership traits, the next step

is to put your leadership attributes into action. Exploiting every opportunity to lead will hone your leadership skills and allow you to become a more confident and comfortable leader. Being an effective leader isn't a spectator sport, but an active life-long process that demands involvement. Stated simply, leaders lead.

Leaders choose to lead and thus, their level of effectiveness is greatly impacted by the intensity of their determination to be an effective leader. One could even say that effective leaders recognize they have a responsibility to lead and to develop leaders. Demonstrating and modeling effective leadership and decision-making skills for their subordinates and peers fulfill this responsibility. Hence the catch phrase, "Lead by example."

deeply involved, sometimes stretching the scheme out over a period of several months or more.

The U.S. Secret Service warns that if a victim is lured to Nigeria or a border country to complete the deal, the victim may be coerced or threatened with bodily harm into releasing even more funds. In June 1995, an American was killed in Lagos, Nigeria, after getting involved in this type of scam, and numerous other foreign nationals are reportedly missing. Ultimately, there is no big payday for the victim, and the perpetrators disappear with all of the victim's money.

Number of victims growing

As this scheme becomes more widespread, military members and their families are among those being targeted. In fact, in November 2002, a Nigerian scam e-mail was sent directly to a 52nd Fighter Wing member's official military inbox. Intrigued by the offer, he contacted the legal office before responding, only to find that he was the intended target of a scam.

If you receive a suspicious e-mail, forward it to the U.S. Secret Service at uce@ftc.gov. If you have lost money due to one of these scams, send copies of all documentation to U.S. Secret Service, Financial Crimes Division, 950 H St. N.W., Room 942, Washington, D.C. 20223. People can also call (202) 406-5850 or e-mail the agency at 419.fed@ussf.treas.gov.

So, where are our leaders? Are leaders restricted to obvious leadership positions and titles, such as the maintenance shop chief, or are leaders found at every level throughout the officer and enlisted corps? Can an airman be an effective leader?

In today's Air Force, effective leaders are found at every level or tier, from our highest-ranking generals and civilian officials to our lowest ranking airmen. Titles alone need not define leadership within an organization; leadership skills and a willingness to lead should characterize effective leadership.

Is effective leadership essential to mission success? Absolutely!

Without effective leadership, our organizations would be chaotic and ineffective in peacetime operations and inept in combat situations. With the challenges we face in today's Air Force, we need every individual leader, at every level, to choose to be an effective leader and gain the necessary skills and confidence to lead. Without effective leadership there is no direction, and without direction, no mission can be successfully completed.

‘Frohe Traditional German ‘Happy Easter’ includes bunny lore, church worship

Story and photos by Ms. Iris Reiff
52nd Fighter Wing Public Affairs Office

When the full moon appears in the sky for the first time after the beginning of spring, it is time to celebrate Easter on the next Sunday to come. For Christians throughout the world, these are the most important holidays of the year.

Although it is not a church holiday, Gruendonnerstag, or Green Thursday, takes place April 17 this year, four days before Easter. The day commemorates Jesus’ Last Supper.

The next day is Good Friday. This is a very important and serious day because it’s the day on which Christians remember Christ’s death on the cross. Services of devotion at the Stations of the Cross take place in some villages.

Catholic churches don’t ring their bells from Green Thursday until Easter. Parents tell their children the bells have been sent to the Pope in Rome for consecration.

In another Easter tradition, children walk through town with Good Friday rattles. These wooden noisemakers are used to replace the ringing of the bells, calling the Christians to church for worship.

Stores throughout Germany close Good Friday.

Easter Sunday and Monday, April 20-21, are days when many German people go for walks or visit friends and family.

Easter eggs, and recently also presents, have become a main feature of the celebration. Parents give their children colored, chocolate or marzipan eggs, chocolate bunnies, candy and more. Parents traditionally hide treats in the house and yard in little baskets and tell children the Easter bunny delivered them. With excitement, the children search for the eggs and sweets Easter morning.

Where do these Easter customs come from? The Easter egg custom is not fully known. One theory is that around



This past Easter morning, Alex and his siblings woke up early to hunt for decorated eggs and sweets left by the “Easter bunny.” Here, Alex tries to decide which Easter candy he should eat first.

Easter people had plenty of eggs because the hens begin to lay eggs again in spring. Another explanation is that Easter marks the end of Lenten fasting, during which eggs and meat were forbidden. Also, Easter eggs, colored and often beautifully painted, are an ancient sign of fertility and symbolize spring births, growth and renewal.

The custom of the Easter Bunny hiding Easter eggs traces back to the year 1682. Rabbits occurred in connection with other Easter customs because they have their litters at this time. In the 19th century, the rabbit became popular as the deliverer of Easter gifts.



Elena, Alex’s sister, prepares for Easter by painting eggs. When the paint is dry, she’ll hang them on a sapling in the garden.

Movies

All movies play at 7 p.m. unless indicated.
More synopsis information is available at
www.aafes.com/ems/de-fault.asp.

Bitburg Castle

Today
Old School (R)

Story of three guys in their early 30’s, Mitch, Frank and Beanie, who try to relive their old college glory days by moving into a large house near their old campus. They inadvertently form an “unofficial fraternity” where students can enjoy all the riches of the partying lifestyle without the commitment. (Sexual content, nudity and language.)

Saturday
A Guy Thing (PG-13)

Paul tells a teensy lie, which turns into a bigger lie. From his bachelor party to the wedding, soon his lies are spiraling out of control. It’s amazing how much can change because of one little thing. (Language, crude humor, sexual content and drug references.)

Sunday
Kangaroo Jack (PG)

Two friends from Brooklyn are forced to deliver mob money to Australia. When one of them places his red jacket on a kangaroo and the kangaroo bounces off, they realize the mob money is in the jacket and are forced to give chase through the Outback. (Language, crude humor, sensuality and violence.)

Closed Monday and Tuesday

Wednesday
Old School

Thursday
A Guy Thing

April 18
Cradle 2 the Grave (R)

When an international criminal kidnaps the daughter of a gang leader as part of a diamond heist the city police engage in a search aided by the father’s gangster. (Violence, language and sexual content.)

April 19
Confessions of a Dangerous Mind (R)
The story of Chuck Barris, “The Gong Show” host, and creator of “The Newlywed Game” and “The Dating Game,” who was recruited by the CIA and trained as a covert operative. (Language, sexual content and violence.)

April 20
Cradle 2 the Grave
Closed April 21-22

April 23
Darkness Falls (R)
Kyle Walsh must return home to confront his troubled past, and save his childhood sweetheart from an unrelenting evil that has plagued the

town. (Horror images and brief language.)

April 24
Narc (R)

A narcotics cop, a recovering drug addict, is assigned to help uncover the truth behind the murder of a young officer. He teams up with the dead officer’s partner and the cover-up they unravel could destroy them both. (Violence, drug content and language.)

Spangdahlem Skyline

Today
Cradle 2 the Grave

Confessions of a Dangerous Mind (10 p.m.)

Saturday
Cradle 2 the Grave

Darkness Falls (10 p.m.)

Sunday
Confessions of a Dangerous Mind

Monday
Darkness Falls

Tuesday
Cradle 2 the Grave

Closed Wednesday and Thursday

April 18
Tears of the Sun (R)

A team of Navy SEALs is sent into the jungle in the heart of Nigeria on a search-and-rescue mission for a doctor. (Violence, brutality and language.)

Final Destination 2 (R, 10 p.m.)
Kimberly sees a vision. But is it also a warning? (Gruesome scenes, language, drug content and nudity.)

April 19
Biker Boyz (PG-13)

An undefeated racer’s dominance of the motorcycle set is threatened by a young racing prodigy, who is determined to earn his coveted title. (Violence, language and drug reference.)

Tears of the Sun (10 p.m.)

April 20
Final Destination 2

April 21
Biker Boyz

April 22
Tears of the Sun

Closed April 23-24
Times and movies are subject to change. For more movie information, call 452-9441.